

## 2015 SmartHealth

## Agency/Institution Activity Idea Bank

The below Activities have been pre-approved by PEB to streamline the approval process, but can be tailored to be locally relevant at the Agency/Institution level. The Activity type, general content, tracking method (e.g., device enabled, yes/no), and points will be predetermined and approved by PEB. Agencies/Institutions can customize the Activity by changing the image, title, start/complete dates, and adding in locally appropriate content.

The highlighted sections of each Activity are available for customization.

#1

TITLE:	Wellness Brown Bag/Lunch & Learn/Class
POINTS:	200 points
TRACKING TYPE:	Self Report, X times during time period



Pack a healthy lunch *and* learn more about wellness. Between [insert start date] and [insert end date], [insert Wellness Program Name] will be hosting seminars discussing topics like nutrition, exercises, sleep, and stress. Events are held [insert frequency of event]. [Insert program site if applicable.]

**Did you know?** Strawberries are the only fruit with seeds on the outside.

#2

TITLE:	Get Your Flu Shot
POINTS:	200 points
TRACKING TYPE:	One Time Event, Self-Report, Yes/No



Get your flu shot! If your doctor is a contracted physician, you can call his or her office to find out when to get your flu shot.

**Did you know?**

You can spread the flu up to a day before even feeling symptoms, and for 5 to 7 days after.

**Resources**

- [Learn about the flu \(CDC\)](#)
- [Learn about the flu vaccine \(CDC\)](#)

#3

TITLE:	Broaden Your Horizons
POINTS:	20 points/week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 1x/week



Step out of your everyday and try one new thing each week. Taste a new food, read a website with a different point of view, take on a new project at work, or check out the local museum you haven't gotten around to yet. Be creative and enjoy!

**Did you know?**

Check out community colleges and community centers for adult and lifelong learning opportunities.

#4

TITLE:	Eat Local
POINTS:	100 points
TRACKING TYPE:	One Time Event, Self-Report, Yes/No



Eat fresh and support your community! Visit a farmer's market or grocery store and buy produce grown in your community at least once. Produce grown in your own garden also counts.

**Did you know?**

In Community Supported Agriculture (CSA), customers buy "shares" directly from a farmer and receive deliveries of fresh produce throughout the season.

**Resources**

- [Locavore](#) — Find out what's in season, locate farmer's markets, and get seasonal recipes (free app for Android and iPhone)
- [LocalHarvest](#) — Find small farms and farmer's markets near you



#5

TITLE:	Fitness Event
POINTS:	200 points
TRACKING TYPE:	One Time Event, Self-Report, Yes/No



Ready to jump into the action? Volunteer or participate in a community fitness event to meet new people, get active, and earn points.

Check out road races, biking, hiking, walking, swimming, golf, tennis, basketball, soccer — whatever strikes your fancy. Sign up and get training!

### Resources

- [Active.com](https://www.active.com) — Search and register for fitness events
- [HalHigdon.com](https://www.halhigdon.com) — Training plans from running guru Hal Higdon
- Find your [local YMCA](#) and check out their team sports

#6

TITLE:	Professional Development
POINTS:	100 points
TRACKING TYPE:	One-Time Event, Self-Report, Yes/No



Take a step towards your professional development by attending a conference or seminar, taking a course, reading a book, or just meeting with your supervisor to discuss ways to grow in your career. When you've done this come back and claim your points!

Kudos if you also share what you did in the comments!

#7

TITLE:	Be Resilient
POINTS:	25 points/week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 3x/week



Being resilient allows you to roll with the punches, be flexible and optimistic, and gives you the capability to bounce back from (or adjust to) challenges and change. It can also help you protect yourself from depression, anxiety, and other mental health conditions.

#### So how can you practice resiliency?

- Set do-able daily goals.
- Practice thankfulness.
- Focus on who you would like to become in the future.
- If you get disappointed, get back up and try again.
- Use negative feedback as constructive feedback... and learn from it.
- Be flexible – when things change around you, be open to the opportunities make it positive.

#### Resources:

- [Resilience: Build Skills to Endure Hardship](#) (Mayo Clinic)
- [The Road to Resilience](#) (American Psychological Association)
- [Resiliency Quiz – How Resilient Are you?](#)

#8

TITLE:	Balance the Scales
POINTS:	50 points/week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 3-5x/week



Balance has two parts.

1. Eat Well. On one side of the equation is the energy you take in. Make more nutritious food choices, and avoid empty-calorie options like chips and soda.
2. Move. On the other side of the equation is the energy you burn. Balance your food intake with physical activity through exercise, getting outdoors, and spending time with others.

#### Did you know?

Strength training can be a secret weapon in the battle of the bulge. Studies show that it increases your metabolic rate, so you burn more calories at rest.

#### Resources

- [MapMyWalk](#) — Find walking routes or create your own
- [Weight loss slideshows](#) (Mayo Clinic)
- [MyPlate](#) — USDA guidelines for eating and physical activity



#9

TITLE:	Daily Gratitude
POINTS:	25 points/week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 3-5x/week



Take time to tell someone you're grateful for their presence and why. This simple action will brighten their day — and yours too.

**Did you know?**

Expressing gratitude regularly has been linked with feeling happier, exercising more, and having fewer health complaints.

**Resources**

- [The Greater Good Science Center](#)

#10

TITLE:	Winter Wonderland
POINTS:	200 points
TRACKING TYPE:	Self Report, X times during time period



Don't let cold or snowy weather keep you cooped up this winter.

#### Winter Wonderland Ideas:

- Hike local trails or parks. You might have the place to yourself!
- Go skiing, sledding, ice-skating, or snow-shoeing.
- Grab a friend and explore your city on foot.
- Make a snow angel or have a snowball fight.

#### Did you know?

Looking for an adrenaline rush? The average speed for recreational downhill skiers is 27 mph. Wear your helmet!

#### Resources

- [Link to local Parks & Rec dept](#)

#11

TITLE:	Quiet Your Mind
POINTS:	25 points/week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 4x/week



Things to do, decisions to make, bills to pay.

The stress in our lives is unavoidable — it's how we cope with it that counts. Give yourself a break by taking time each day to relax and quiet your mind. Actually schedule your relaxation time into your day so it won't get crowded out. Ideas to try: meditation, deep breathing, journaling, or meeting up with a friend who always makes you laugh.

#### Did you know?

An MRI study showed that meditation may alter the structure of the brain. Researchers think the changes may enhance our ability to process information and form memories.

#### Resources

- [The Happiness Project](#) — A website dedicated to finding happiness, filled with articles, interviews, tips, and more.

#12

TITLE:	Better Week of Sleep
POINTS:	25 points/ week
TRACKING TYPE:	Weekly Activity, Self Report, Yes/No, 4-7x/week



Are you *really* getting enough high-quality sleep? Or are you drowsy, irritable, and/or zombie-like because you're short on Zzz's? Follow the following recommendations every day to start sleeping (and feeling!) better:

- **Make sure yours is a sleep-only bedroom.** Use your bedroom for sleep only. No laptops, to-do lists, reality shows, or bill-paying allowed.
- **Keep it cool, dark, and quiet.** Set the thermostat, avoid too-warm bedding, and use an eye mask or ear plugs if needed.
- **Get up at the same time daily.** Your body sleeps better when it follows a schedule, so wake at the same time every day — even on the weekend.

#### Did you know?

Modern changes to our schedule, like late-night TV and checking Facebook or email right before bed, might be disrupting our circadian rhythms.

#### Resources

- [Sleep tips: 7 tips to better sleep](#) (Mayo Clinic)
- [Get a sleep-friendly bedroom](#) (National Sleep Foundation)
- [Sleep Disorders](#) (National Sleep Foundation)